THE SCALE OF HUNGER

1. I MIGHT PASS OUT
2. RAVENOUS
3. HUNGER PANGS

Staying in levels 1, 2, or 3 for too long can lead to intense cravings and bingeing.

4. HUNGER AWAKENS
5. NEUTRAL
6. JUST SATISFIED

At 4 you may start thinking about food but will still be in control.
Aim to be at 5 when you go to bed to support weight loss.

7. VERY SATSIFIED

7 is still a pretty good place to be.

8. FULL
9. BLOATED
10. SICK

Avoid being beyond a 7, as this will likely be too many calories.

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